Blessings for Christmas & the New Year!

Lancaster County WOMAN™
The Woman’s Journal
Complimentary Copy
www.LancasterCountyWoman.com
November–January 15, 2018

MAY THE WONDER OF THE SEASON BE YOURS THIS YEAR!

Thank you to our patients for putting your trust in us.

ARGIRES MAROTTI
NEUROSURGICAL ASSOCIATES OF LANCASTER

LG Health Affiliation with Children’s Hospital of Philadelphia Brings World-Class Pediatric Care to Lancaster County, p. 6
Physicians Weight Control Opening Jan. 1, p. 21

Henderson Podiatry, MLS Laser Therapy Easing Foot and Ankle Pain, p. 35

FREE Pictures with Santa December 15 10 a.m.–3 p.m.
VCA Smoketown Annual Christmas Party See page 34

15% off whitening products until December 31!
How to Look Your Best for the Holidays and Beyond

Michelle Phillips, LME

Michelle brings 14 years of experience as a licensed esthetician to our cosmetic practice. Trained in both relaxing spa techniques and medical esthetics, Michelle offers a wonderful combination of both worlds to her clients. Considering her expertise, she is one of the most sought-after estheticians in Lancaster. Her years of experience coupled with her caring way put people instantly at ease with Michelle.

Michelle provides:
- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks and Scars)
- Collagen P.I.N. Microneedling
- Permanent Makeup (Microblade and Traditional)
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Professional In-House Makeup Artist
- Skin Analysis & Color Analysis

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One could, however, have something done that involved an office procedure (e.g., upper eyelid surgery, or mole removal). Strictly speaking, these are operative but can be done as an outpatient. Recovery is faster from these less involved enhancements, typically 1–3 weeks. I can refer you for the best eyelid surgeon I know. Mole removals I perform myself. Almost everything that a medical aesthetician could potentially do is an option when time is short. You would want to select someone who is well trained and experienced. Ideally that person should also possess a large skill set, since that would expand your options. At my office, I am blessed to work with just such a person. Her name is Michelle Phillips, and she can do a wide range of services with exceptional expertise. Her talents include, but are not limited to consultations, skin assessments, knowledge of and access to medical-grade skin-care products, individual color analysis, makeup, microdermabrasion, microneedling, IPL (intense pulsed light or photo facial), nonablative fractionated laser tightening and resurfacing, chemical peels, dark hair removal, removal of unwanted facial pigmentation and redness, permanent makeup (both traditional fill-in technique as well as the newer microblading), and even 3D-appearing permanent nipple-areola tattooing. Typical “downtime” for these services ranges from zero to two weeks. Consultations are complementatory and recommended unless you know exactly what you need.

The office-based aesthetic physician can provide additional options. Examples of these include Botox or Dysport injections, many dermal and subcutaneous fillers, excisions or removal of various unsightly facial or body lumps, bumps, or growths. In our office, we can also perform several laser treatments for more aggressive laser resurfacing and tightening (with a state-of-the-art fractionated CO2 laser, the SmartSkin Plus), spider vein removal, and lightening of unwanted pigmentation. We offer two methods of subcutaneous fat reduction, specifically SculptSure and Kybella. Permanent underarm sweating reduction can be done utilizing miraDry. We can also tighten skin with Ultherapy. And, incredibly, we can now perform this useful ultrasound technique without discomfort!

Downtime for the physician services I provide ranges from zero for Botox and filler, provided you do not bruise, to as long as two weeks for an especially enthusiastic and effective CO2 laser resurfacing. Time until maximum benefit for the techniques that I employ can range from immediate (filler, miraDry), up to two weeks for maximum benefit from Botox, and as long as one year with Ultherapy. As with Michelle, my consultations are complimentary. Even more important, I like to think they are always individually derived, realistic and helpful. And if what you need is beyond my scope, I will insist you seek care elsewhere rather than compromise your desired outcome.

A final note. When selecting an aesthetic provider, whether that person is an aesthetician, some type of mid-level practitioner, or a physician, choose someone with these qualities in-depth training, extensive experience, a high level of concern about their patients, and a passion for the care they provide. Here’s looking at you, and Happy Holidays!
Argires Marotti Now Offering Spinal Cord Stimulator for Long-Term Chronic Pain Management

Argires Marotti is the first and only in Lancaster County to offer the Intellis® platform, including the world’s smallest implantable spinal cord stimulator (SCS) for the management of certain types of chronic intractable pain. Chronic pain is a debilitating condition that can negatively impact all aspects of a person’s life—relationships, work productivity and activities of daily living, yet it remains underrecognized and undertreated.1 Given the national crisis involving opioid abuse, it’s more important than ever for residents suffering from chronic pain to have access to new non-opioid treatment options.

“Chronic pain is challenging to treat, and my goal is to restore my patient’s mobility and improve their quality of life with effective long-term pain relief,” said Laleh Radfar-Baublitz, DO. “It’s more important than ever for Argires Marotti to offer an effective, long-term, non-opioid solution; the availability of the Intellis spinal cord stimulator should offer new hope to patients struggling with debilitating pain.”

Back problems are one of the top 10 most expensive medical conditions, with an estimated 30 percent of the 300,000 patients annually that undergo lumbo-sacral spine procedures developing chronic intractable pain.1 Medtronic neurostimulation therapy for chronic pain uses an SCS system, which is a medical device placed under a patient’s skin to deliver mild electrical impulses through a lead implanted in the epidural space to block pain signals from going to the brain. Neurostimulation has been proven to provide effective long-term pain relief and improve quality of life, in addition to being a treatment option for patients interested in trying a nondrug alternative.

Patients living in pain for years and trying to manage it through physical therapy and pain medicine will be amazed at the immediate change in symptoms after receiving a Medtronic Intellis spinal cord stimulator. Chronic pain can make it extremely difficult to work, enjoy leisure activities, play with children, etc. This therapy can make you feel like yourself again and give you the freedom to do the things you love.

About the Intellis Platform
The Intellis platform includes the world’s smallest implantable SCS neurostimulator and offers important patient benefits, including optimizing treatment and improving patient-physician communication by tracking and sharing daily activities, body positions and therapy usage, and giving physicians an objective look at mobility and progress.

The system also addresses a common patient complaint: the daily or weekly recharge burden. With Medtronic’s proprietary Overdrive™ battery technology, the Intellis platform can be fully recharged from empty to full in approximately one hour and is optimized for meeting the energy demands of high-dose (HD) therapy options offered in the Evolve™ Workflow.2

The ability to utilize MRI diagnostic imaging is limited with most SCS systems, but the Intellis platform allows the broadest access to this important diagnostic tool. This is significant because studies show approximately 82 percent of patients implanted with an SCS system are expected to need an MRI within five years of receiving the implant. The Intellis platform also has AdaptiveStim™ technology, which automatically adjusts to deliver the right dose to the right location, as the pain target shifts based on body position.

For more information or to schedule an appointment, call the office at 717-358-0800.


2 A workflow is guidance only, and physicians should use their medical judgment and product labeling to optimize therapy for individual patients, which may require customization or modification of a workflow.
Albert Einstein once said, “Only a life lived in service to others is worth living.” Lancaster’s Rachael Fly-Pingree agrees, having spent her professional life helping patients on their medical journey. Now, as Regional Gi’s newest Physician’s Assistant, Fly-Pingree is delighted to be serving the Lancaster community.

“I truly feel that going to work every day is a privilege,” she said. “Working with our patients, guiding them, offering suggestions, celebrating small hurdles with them, is just as rewarding as anything I can think of.”

Born and raised in Chester County, Fly-Pingree had not initially planned to work in the medical field. After meeting her husband in college, and marrying and moving to Pittsburgh to raise a family, it was her mother who suggested the idea.

“I can still remember it to this day: I was nursing my oldest son and my mother called me on the phone to tell me that she had found this great career for me called a Physician’s Assistant. She’s the one who got me started,” said Fly-Pingree, with a chuckle.

After raising her two sons and her daughter, and with the support of her family, she returned to school in her mid-30s.

“It was a huge step. I was the oldest one in my class, and, of course, I had a very busy life. There were lots of tears. But I wouldn’t change a moment of it,” she commented.

“The school portion was difficult. Looking back, my kids tell me that I became their role model. They saw me studying every weekend, and they began to realize the importance of school and the sacrifices I was making to better their lives. I graduated with significant honors – and my children were in the audience,” continued Fly-Pingree, adding that because of her diligence, she was distinguished for her writing ability and for a research study in which she worked with families affected by breast cancer.

After graduating, she began working in the gynecological oncology field at the Magee-Women’s Hospital of UPMC Health System.

“It was a very specialized field, and truly, it shifted the way I looked at the world. I had the opportunity to meet and support families as they were going through cancer,” Fly-Pingree said.

It was a pivotal experience, and one that has continued to influence her personal philosophy, even as she shifted professional focus, moving to the Lancaster area and joining Regional Gi in March 2017.

“At Regional Gi, I found the most amazing and cohesive practice of physicians and advance practice providers,” she said. “The sheer, overarching theme is “patient first,” and I especially appreciate how care is taken to consider what is best for the patient not only medically, but financially and emotionally.”

Fly-Pingree credits her background in oncology as part of her passion for her current patients.

“Being at Regional Gi, we have an opportunity to screen for colon cancer, which is a very treatable cancer. Our colonoscopy screening really is a perfected tool. When I work with patients, I tell them about my background and how we’re very lucky to live in an age when we have these tools. We can screen, diagnose and treat colon cancer before it becomes a deadly problem,” she said. “I would love to see a higher rate of people in our area coming in for a colonoscopy screening rather than coming in for having a problem. I urge everyone to get themselves screened.”

For more information on Regional Gi’s gastroenterology services or to schedule a screening, call the office at (717) 869-4600 or visit their website at www.regionalgi.com.

Deductible met?
Schedule your colonoscopy before the year ends.

Colon cancer is the #2 leading cancer killer in the United States, yet preventable and treatable with early detection.

Contact your primary care physician or call RGI at 717-869-4600 to discuss a screening colonoscopy.
Now Accepting New Patients.

Your best life is waiting with the help of a UPMC Pinnacle primary care provider. Together, you can maintain wellness and manage chronic illness through regular checkups, screenings, and ongoing communication.

Open the door to a healthier you.

Take the first step by making an appointment for you and your family, today!

Annville Family Medicine | 717-867-4871
Baron Family Practice | 717-664-0952
College Avenue Family Medicine | 717-291-8512
Columbia Regional Health Center | 717-684-3663
Family Health Center of Mt. Joy | 717-653-0331
Heartland Family Health | 717-627-4088
Highlands Family Practice | 717-560-1970 ext. 40
Lancaster Family Practice Associates | 717-393-3881
Mastropietro & Associates Family Medicine | 717-397-4921 ext. 1216
Quarryville Family Medicine | 717-786-2272
Sallavanti & Cotter Family Medicine | 717-560-6470
Kelly Harnly noticed her 8-year-old son, Mason, was excessively thirsty and urinating frequently—symptoms her background in nursing helped her recognize as a red flag for diabetes. She contacted his pediatrician, who had Mason come in for an appointment. Mason was diagnosed with type 1 diabetes, the disease previously known as juvenile diabetes, since it is typically diagnosed in children and young adults. Unlike type 2 diabetes, which may be prevented with dietary and lifestyle changes, type 1 diabetes is an autoimmune disease that causes the body’s immune system to attack the beta cells in the pancreas. Beta cells produce the hormone insulin, which enables the body to transport glucose (sugars from the carbohydrates we eat) from the bloodstream into the cells to use for energy. Because people with type 1 diabetes do not produce insulin, they must inject it multiple times a day.

Diabetes Boot Camp
Lancaster General Health/Penn Medicine has an alliance with Children’s Hospital of Philadelphia (CHOP), one of the top-ranked pediatric hospitals in the country, which enabled Mason’s LG Health pediatrician to seamlessly refer him for specialized care by a pediatric endocrinologist.

The family traveled to Children’s Hospital of Philadelphia, where they spent three days learning a new way to take care of Mason. “We called it boot camp,” Kelly recalls. “Our team included a pediatric endocrinologist, social worker, diabetes educator and nutritionist. They showed us how to care for Mason and helped us get comfortable giving him multiple daily injections of insulin.”

Comprehensive Care Close to Home
Mason and his family have adjusted to life with type 1 diabetes. Six months after his diagnosis, Mason began using an insulin pump, which he wears 24/7, removing it only to shower or swim, or when he needs to change the insertion site. The computerized pump is programmed to deliver insulin when it is needed, which significantly reduces the number of injections Mason receives. His family is grateful for the affiliation between LG Health and Children’s Hospital of Philadelphia, which provides Mason access to a CHOP pediatric endocrinologist, nurse practitioner and diabetes educator right here in Lancaster. The family visits the CHOP Care Network Specialty Care Center at LG Health’s Suburban Pavilion for regular diabetes checkups.

“Diabetes Won’t Slow Him Down
Mason does not feel any different from other kids his age. He lives an active life and enjoys playing golf, throwing a football with his dad, going fishing, and swimming. “He has loved golf since he was old enough to stand,” says Mason’s father, Graham.

Inspired by the knowledge that there are professional athletes who have type 1 diabetes, Mason won’t let his diagnosis interfere with his dream of becoming a pro one day himself. “My goals for golf are to be better than Dustin Johnson, Jordan Spieth and Rickie Fowler,” said Mason, who shared the following advice: “If you have type 1 diabetes, do everything you used to do.”

To schedule an appointment at the CHOP Care Network Specialty Care Center, call 717-544-0375.
Preparing for Getting Older: Exercise is Key

The best exercise is the one that you will actually keep doing. If you hate running or it causes you significant pain, that is not the exercise for you. There are so many choices available that it will not be hard to find one that is fun and right for you.

4. There are 5 components of fitness: 1. cardiorespiratory (heart and lungs), 2. muscle strength, 3. flexibility, 4. balance, and 5. body composition

5. When choosing your exercise program, think of being FITT:
   a. Frequency: How many days per week will you do this?
   b. Intensity: How hard will you work (light, moderate, heavy)?
   c. Type: What will you do?
   d. Time: For how long will you do something (minutes, miles, repetitions, etc.)?

Use the above tips to get started. Writing down your plan and keeping it visible is helpful and keeps you on track. Once you get more used to exercising, you can build up to the recommended guidelines from the American College of Sports Medicine.

1. Cardiorespiratory fitness: 20–60 minutes of exercise, 3–5 days per week.
2. Strength fitness: 1 set of 8–10 repetitions for all muscle groups, totaling at least 10 minutes, 2–3 days per week.

Google “The Key Three Strength Training” to get you started.

Of course, besides keeping you doing the activities you love and preventing falls, exercise has many health benefits, including decreasing your risk of heart disease, diabetes, high blood pressure, and high cholesterol.

In addition to her undergraduate research work and her numerous presentations and posters, Vellucci gained experience as a mental health direct support specialist at Community Services Group, an emergency room volunteer and trauma services research intern at Penn Medicine Lancaster General Health, and as a Postbaccalaureate ITRA Fellow at the National Institutes of Health/NINDS/NIB/VIS.

Batchelder is a recent Dickinson College graduate and a first-year medical student at the University of Vermont College of Medicine, saw his vision for a career in medicine take root during his postgraduate research fellowship at Penn Medicine Lancaster General Health. As a trauma research coordinator, he was exposed to a diverse array of both clinical and nonclinical experiences.

“This experience showed me more than just the inseparability of research and medicine,” he explained, “it taught me the power and necessity of human connection in promoting health and healing.”

“I’ve come to realize that scientific research, combined with the power of human connection, could be a springboard for transforming the lives of real people. As a physician, I could play a key role both as an investigator and motivator, promoting a holistic, humanistic approach to health and healing. This, above all else, solidified my decision to pursue a career in medicine.”

Gross, a graduate of the Pennsylvania State University Schreyer Honors College, has also completed significant grant-funded research and community outreach, and numerous peer-reviewed research publications and abstract presentations.

Founded in 1991, the Lancaster Medical Society Foundation is a 501(c)3 nonprofit organization that was formed to grant scholarships to students from Lancaster County who are accepted at or continuing a medical degree at an accredited allopathic or osteopathic medical school.

Scholarship recipients exemplify good character, motivation, academic achievement and financial need. Since its inception, more than $224,000 in scholarships has been given to deserving local students.

For more information about the scholarship, how to apply and how to make a gift to the Foundation, please visit lancastermedicalsociety.org, then “Scholarship Foundation,” or contact the Society at 717.393.9588.
Dear Readers,

We begin our “most wonderful time of the year” holiday edition by taking a moment to reflect on our many blessings and to give thanks to you, our readers and sponsors, for your continued support of Lancaster County Woman newspaper. With your unwavering support for 20+ years, we’ve had the privilege of doing what we love and truly enjoy! Thank you from everyone here at LCW.

As we’ve done in past years, we invite you to “Share Your Blessings” by selecting one or two of our local community organizations listed on our Share Your Blessings pages 26-29. These organizations are the backbone of our community, serving and meeting the needs of the less fortunate among us. Teaching children the importance of giving to others, whether time, money, or energy, is one of the most valuable character traits we can pass along. As the Bible says, “The generous will themselves be blessed for they share their food with the poor.” (Proverbs 22:9)

This holiday edition is full of products and services designed to help you look and feel your best while you enjoy the season with family and friends. Dawn Cutillo’s article on p. 15 has tips for maintaining a trim waistline while nibbling your way through parties and seasonal dishes. And Dr. Bill Carter’s specialty services and products on p. 2 are designed to keep your face, skin, and body looking terrific as you dance your way through all those wonderful holiday parties. Jeff Goss’s article, “The Holidays and Estate Planning,” on p. 31 is must reading for everyone. He highlights the importance of having a conversation about your will and estate during the holidays while everyone’s present. This is the perfect opportunity to get the conversation going about your will and protection of your family’s estate.

With so many seasonal activities taking place throughout Lancaster County, we invite you to enjoy the season with your family by attending a show at any (or all!) of our local theatres. The American Music Theatre’s Christmas show, Home for the Holidays (Nov. 19-Dec. 30), is a great way to kick off the season. Sight and Sound in Strasburg is featuring The Miracle of Christmas, and The Fulton Theatre is presenting The Nutcracker (Nov. 25-Dec. 23) and A Christmas Story through Dec. 31. If you’ve never experienced a show at one of our local theatres, you’re in for a treat. There’s a reason so many out-of-town tour busses are traveling the roads all over Lancaster County. They’re here to experience the peace and beauty of our county and see top-rated shows and performances. I take my family and friends to as many shows as possible. We’re blessed to live in this beautiful place with world-class entertainment at our doorstep.

With all the hustle and bustle, we remind everyone to please remember the reason for the season—the birth of Jesus Christ—and to pray for our soldiers and their families everywhere in the world. Many of them will not be able to enjoy the holidays with their families; may we never forget the sacrifices they make to keep our nation free and safe.

Our best wishes to you and your family for peace and prosperity in the coming new year!

With blessings,

JoAnn Notargiacomo

Yuletide Celebrations at Wheatland begin November 25

Harriet Lane’s High Victorian Christmas will transform the home of President Buchanan

LancasterHistory.org presents a historical performance that captures a moment in time, taking us back to the holiday of 1875 when James Buchanan’s niece, Harriet Lane Johnston, transformed Wheatland into a Christmas display of high Victorian style.

As a girl, Harriet Lane Johnston spent her holidays at the very center of the fashion world—the Court of Queen Victoria. By 1874, she was decorating the home she had inherited from her Uncle James Buchanan in high Victorian style as she welcomed friends and family from far and wide. This holiday season, be Harriet’s guest at Wheatland and join in the festivities!

Visit rooms exquisitely decorated with flowers, ivy, wreaths and ribbon, as well as a tower Christmas Tree overflowing with ornaments. Experience the joyful sounds of Christmas music, amusing games, the scent of holly, and the warmth of the holiday season.

Yuletide at Wheatland is an annual, holiday-themed, performance-based program at President James Buchanan’s Wheatland. Each year there is a different theme, commonly centered around the history of Wheatland, its inhabitants, or the time period in which they lived. Visitors witness an hour-long performance and may be asked to participate during the performance through caroling or playing games. Yuletide at Wheatland ticketholders also receive admission to the museum exhibition galleries at LancasterHistory.org. Yuletide at Wheatland 2017 is supported, in part, by the Fulton Family Foundation.

Yuletide at Wheatland: Victorian Splendor opens November 25 and runs through December 30. Go to www.lancasterhistory.org/yuletide or call 717-392-4633 for performance dates, times, pricing, and tickets. Reservations strongly recommended.

Lancaster History Museum}

November/December 2017 Lancaster County Woman
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Almost half (46 percent) of them and against them.”

Their longevity can work for and smaller or no pensions, so have longer life expectancies could live three or four decades in retirement.

Although both men and women could live three or four decades in retirement, it’s more likely for women because they have longer life expectancies,” Hickey says. “But they also often have less in savings, and smaller or no pensions, so their longevity can work for them and against them.”

Almost half (46 percent) of women who are 75 or older live alone, according to the U.S. Department of Health and Human Services’ Administration for Community Living. But women, many of whom are heads of households, don’t always do a good job of planning for their retirements because they spend so much of their time thinking about the needs of others—their children, their spouses, and their aging parents, Hickey says. “They need to realize that their happiness and security in their later years can hinge on so many things, not just their savings,” she says. “So many factors come into play.”

Hickey says some mistakes women make in planning for retirement, and what they can do to correct those mistakes, include:

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<th>Suggestion</th>
<th>Action</th>
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<td>Failing to participate in planning. Many women traditionally have left the retirement planning to their husbands, and that’s a mistake, Hickey says.</td>
<td>Women should be actively involved. They need to understand their financial situation, what would happen if their spouse dies and where all the important papers are kept. When a meeting happens with a financial professional, they should be part of that and help make the decisions.</td>
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Underestimating how long they will live. For some reason, many women have trouble imagining just how long retirement might last. Life expectancy for women in the United States is about 81, and that’s an average. Many women will live into their 90s, and some will pass 100.

When planning and saving, women need to consider that they might still be living 30 or 40 years after they retire.

Failing to protect their health. Maintaining your general health and well-being is important because medical costs can eat into retirement money, Hickey says. The nest egg that someone thought would be more than sufficient can start disappearing quickly when there are significant medical issues. Women need to make sure they get exercise, eat healthy meals and keep up with those doctor visits.

“So much of this is connected,” Hickey says. “When women feel that they have a good financial plan in place, they are more likely to feel secure, and that’s good for both their physical health and their emotional health.”

About Susan L. Hickey
Susan L. Hickey (www.yourownretirement.com/womansworth) is a financial professional at Your Own Retirement, LLC. She helps guide clients, many of whom are single women or female heads of households, on the many facets of planning for retirement. Because of her advocacy, Hickey combines numerous elements of retirement income planning through the use of insurance products, which include strategies for claiming Social Security benefits, Medicare costs, long-term-care concerns as well as traditional income needs. She holds her life and health insurance licenses, and has earned the distinguished Retirement Income Certified Professional designation.
The term codependency is referenced often in everyday life; however, do we really understand what codependency is? In general, codependency refers to a pattern of behaviors whereby poor boundaries exist and an imbalanced, unhealthy relationship develops. Codependency occurs as part of an interaction between at least two people. In this process, the codependent individual engages in enabling another person(s)’s unhealthy or destructive behaviors while simultaneously neglecting his or her personal needs and well-being. As a result, codependency is mutually reinforcing in nature and results in the individuals on both sides of the dynamic being unhealthier. Individuals who engage in codependent and enabling behaviors often identify as having good intentions of wanting to provide support or “fix” a problem for someone; however, they have a paradoxically opposite impact. Frequently, the desire to feel a sense of control is involved in codependent behaviors.

One may ask “How can I recognize codependency?” Characteristics of codependency include the following: poor boundaries, people-pleasing behaviors, poor self-esteem, unhealthy communication, emotional pain (shame, anxiety, sadness, etc.), obsessive or rumination thinking (i.e., worrying), focus on taking care of others, reactivity or sensitivity to feedback from others, difficulty seeking help or support from others, and perfectionism. Codependent individuals may be perceived as controlling or “bossy.” Also, individuals in codependent relationships may report feeling “stuck” or “trapped.” Codependency develops in situations where dysfunctional or strained family systems exist, which include but are not limited to substance use and addiction, gambling addiction, significant illness or injury, mental-health concerns, or abusive behaviors (physical, sexual, emotional). In treating conditions such as addiction and mental health, it is important to address any patterns of enabling and codependency due to these issues influencing and often impeding recovery efforts. While codependency has its roots in dysfunctional families, it impacts relationships outside the family, which can include friendships and workplace interactions as well. This radiating effect occurs by influencing how effectively individuals address self-care needs, maintain functioning, experience triggering of codependent or enabling behaviors, and practice stress management.

If you believe that you or a loved one may be struggling with codependency issues, it is important to seek out information and support. Therapy or support-group services can be helpful in not only recognizing, but also changing the patterns of behavior and coping with the thoughts and emotions that maintain the behavior. Free support groups available to the public include Codependent Anonymous as well as groups focused on the codependency and family patterns related to addictions, including Al-Anon and Nar-Anon.
New Women’s Empowerment Book Reveals 10 Steps to Quitting Your Day Job

It is shocking to discover that 43% of professional women with children want to leave corporate America, but have no clue how to “Embrace the Mirror” and love what they see. It’s a vexing problem to which author, speaker, medical professional, and successful entrepreneur Naomi Sodomin offers real solutions. In her new self-help book, *Embrace the Mirror* she explains:

- **Self-Discovery:** Quit your day job and create a business that is authentically you.

- **Awaken your spirit:** Join a community that supports entrepreneurial women.

- **Learn from personal stories of triumph and failure:** Hire a transformational coach to help you tap into your creativity and potential.

“The book does not offer some gimmicky quick fix,” Sodomin states. “Instead, it is your step-by-step owner’s manual for leaving the corporate world behind and succeeding beyond your wildest imagination. Best of all, there’s no need to take the plunge alone. In these pages, you will find clear principles and easy-to-follow steps for manifesting your dreams. One day, instead of waking up to the dreaded alarm clock, still exu-husted from the day before, you will awaken with a smile, knowing that your day is yours to spend as you wish. With help and proper guidance, you can enjoy freedom, be joyful that you are giving your family your best self, and appreci-ate the abundance that will flow from your natural gifts and abili-ties,” she said.

Using her own experiences and life story of struggles and tri-umphs as a native of Haiti, as well as her medical knowledge, Sodomin walks readers through the principles she used to go from homeless to in-demand, highly paid Registered Nurse, and then to creating her dream business, living a life that offers her the unbridled freedom to raise her young son, travel freely, and help others who find them-selves stuck in a cubicle in Cor-porate America.

Readers will:
- Learn that the process of cre- ation begins with completion. To create something new, the professional woman must learn to become complete with child-hood issues, and all failures of the past. She must embrace the image in her mirror, and come to a deeper understanding that radical completion is a neces-sary part of the creation pro cess. That will open the door for greater attainment.
- Gain a deeper understanding that the solution to every prob-lem lies in finding the common denominator. To solve the chal-lenges around balancing career, motherhood, and community service, you must first iden-tify who or what is causing the challenge.
- Become aware of the loopholes in the Law of Attraction and how it’s affecting her ability to create her dream business and live the life she desires.
- Learn that prayer changes noth-ing. What changes everything is your ability to enter the co-creation process with God, the universe, or whatever you chose to call it. If prayer changed ev-erything, Haiti would be one of the wealthiest island nations on Earth. The Haitian folks can do some serious praying. You can pray about harvesting all you want to, but if you’re not plant- ing seeds, you are not going to have anything to harvest.
- Discover that to create massive wealth, freedom, and joy, the professional woman must ac-cess and awaken her spirit. The book offers step-by-step instruc-tions on accessing her subcon-scious mind so she can create a business that reflects her own unique talents and character.

“Embrace the Mirror: Vision of Abundance and A Stronger You is today’s modern approach to self-discovery and freedom,” she said.

About the author:
Naomi Sodomin is the founder and president of Embrace the Mirror, a personal development company providing world-class guidance for women transitioning out of corporate America to build their dream business. Nao-mi Sodomin is a dynamic teacher and coach, often found on stage in various venues delivering her message of self-love, freedom, joy, and abundance. She is pas-sionate and committed to being instrumental in transforming the lives of her clients. For informa-tion, go to [www.embracethe mirror.com](http://www.embracethe mirror.com).

EarthTalk™ – Guide to Eco-Friendly Fall Lawn Care

**by Timothy Johnson**

As the days dwindle down, there’s the invigorating nip in the air and the musky scent of fallen leaves. The grass has slacked off from growing. It’s no wonder you’re thinking that your lawn work is just about done. The fact is that fall lawn care is of utmost importance to the health of your lawn when it begins to grow in the spring.

The grass you see may be looking rather sluggish, but underground, it’s working hard. The roots and rhizomes are busy absorbing all the moisture, oxygen and nu-trients they can to get through winter and produce a lush spring lawn. You can help ensure that they get what they need and do it in an environmentally-respon-sible manner. Not only are you helping to save the planet, you are keeping your lawn safe for your children to play on and for your pets to scamper about. And you’ll save money—a win-win-win proposition!

**Aerate**

The key to core aeration is by doing it at least once a year, and fall is the best time to do so to ensure that the grassroots have access to the resources they so desperately need at this time of year. Soil often becomes com-pacted over the summer, creating a barrier. By punching plugs out of the soil, you’re making it more receptive to water, air, and nutri-ents. The organisms in the soil also need air pockets to be able to eat, drink, and breathe to per-form their roles in improving soil aggregation, enhancing nutrient levels, and developing organic matter in the soil.

You can rent an electrical power-ered core aerator from a lo-cal garden supply store to do it yourself or contact your local lawn care provider to help you out. Using an electrical powered aerator will be the faster eco-con-scientious way to do so. There are also specialized mechanized and manual hand tools, such as a garden fork with tines which would be the best options as far as eco-consciousness goes, but will take you a bit of time.

**Fertilize**

After the lawn is aerated is the best time to fertilize your lawn to stimulate the growth of new root systems during the winter for a lush lawn in the spring. There are a variety of organic solutions you can use that will keep the nutri-ents on your lawn where they be-long, not in the waterways. Valuable eco-conscious ferti-lizer is already right there on your lawn—grass clippings post lawn mowing and fallen leaves. Both are filled with nutrients that you may be dumping into a landfill. Return those nutrients to the soil. Chop them up with a mulching mower.

You may be surprised to learn that both aquarium fresh water and fireplace ash can be used for fertilizer. Aquarium fresh water, over time, builds up nitrogen, phosphorous, potassium, ammno-nia, and beneficial microorgan-isms. When the water reaches this point, it is not a good envi-ronment for fish, but it’s great for grass. (Disclaimer: This does not apply to salt water nor to water treated with chemicals).

Fireplace ash is brimming with potassium and lime, depending on the wood that you are burn-ing. Hardwood, such as maple and oak, has higher concentra-tions of nutrients than softwood, such as pine and fir. One cord (4 feet by 8 feet) of oak can fertilize a 4,200-square-foot lawn.

**Weed Control**

Like most plants, weeds are in an energy-absorbing mode dur-ing the fall. The roots are scarring up everything they can, and your grass roots will suffer for it. Deal-ing with the weed invasion in the fall, will dramatically decrease the weed population in the spring. Instead of using harmful herbici-des, you could weed the lawn yourself—it makes for a great out-door exercise. To help remove them yourself, there are really efficient tools on the market for pulling out weeds. Less effort is needed to pour boiling water onto the crowns of the weeds. Or you can spray the leaves with full-strength white vinegar. Just make sure you treat only the weeds, both hot water and vinegar will kill any form of plant life.

If you treat your lawn organically, without synthetic fertilizers and herbicides, the healthier your lawn will be. Eventually your healthy lawn will be able to ward off weeds, keep itself nourished, and self-aerate!

One of America’s Top Dentists

For the fourth year in a row, Smiles by Stevens has received the award for being one of America’s Top Dentists. This award is based on peer reviews, practice productivity and continuing education of the doctor. We are extremely proud and honored to have been nominated for this again and strive to provide the best and most modern care for all of our patients. At Smiles by Stevens, we take a caring approach when treating our patients. We consider ourselves a multispecialty dental practice. We offer all services under one roof, and we treat all ages.

Dr. Stevens continues to learn new techniques and train in new procedures so that he can continue his state-of-the-art dental treatment and so that we can treat our patients in the comfort of one dental office without having to refer them to multiple dentists to get their treatment completed. This concept keeps our patients happy and well taken care of.

We offer routine services such as hygiene and restorative care, as well as root canal treatments. Dr. Stevens is specially trained in implant dentistry and grafting, and can place and restore your dental implants. We offer Botox services for facial esthetics as well as for the treatment of clenching and grinding. Juvéderm filler is another cosmetic option that our patients can experience in our practice. We are now offering procedures to help relieve and cure sleep apnea, as well as snoring devices. Our service list is quite long, and we continue to add to our list of services for our patients in order to offer every benefit possible.

Shea F. Stevens, DMD, FICOI

Dr. Shea F. Stevens specializes in cosmetic and implant dentistry. His dental practice has earned BEST DENTAL PRACTICE IN LANCASTER in 2011 and 2012, and PA’S TOP 20 DENTISTS in 2010 and 2011.

One of the youngest dentists to receive his Fellowship status in the International Congress of Oral Implantology.

Lectures and writes journal articles on dental implants.


Dr. Stevens completed the prestigious MISCH INTERNATIONAL IMPLANT INSTITUTE, which is a world-renowned training center for implant dentistry. He maintains memberships in the American Academy of Cosmetic Dentistry, American Academy of General Dentistry, Lancaster Seattle Study Club, Lancaster County Dental Implant Study Club, College of Conscious Sedation, Fellow of International Congress of Oral Implantology, MISCH International Implant Institute, and Academy of Facial Aesthetics.

Dr. Shea F. Stevens resides in Lancaster, Pa., with his wife Aileen, beautiful daughter Rowan, handsome son Colton, and his dogs Jada, Spartacus and Coco. He still plays soccer in a men’s league and trains at CrossFit. Dr. Stevens trains for military-style mud runs, which are trail runs with obstacles and mud! He loves his family and looks forward to spending every free moment with them.
First African America Woman to Achieve the Highest Chief Warrant Officer Rank

by Petty Officer 3rd Class Kyle Hafer
Navy recruiting Command

Chief Warrant Officer (CWO) 5 Valencia Simmons-Fowler is the first African America woman to achieve the highest chief warrant officer rank in the information warfare community, November 3rd. The Chicago, Illinois native started her Navy career at Recruiting Training Command Orlando, Florida in March 1988. From there she attended Cryptologic Technician Collector (CTR) “A” School where she achieved her Associate degree in Social Work from Millersville University.

Simmons-Fowler began her life as a chief warrant officer rank in the information warfare community in 2003, while serving aboard USS Bataan (LHD 5). Later, during her tour at Naval Security Group Activity in Norfolk, Virginia she was selected for the CWO program in 2003, beginning her life as a chief warrant officer.

“As her list of successes continued, Simmons-Fowler earned a Bachelor’s degree in Social Work from Millersville University. She was an honor graduate. “A” School where she achieved the necessary skill set to be a chief warrant officer. “I have always strived for the next level, the pinnacle profession, and I earned it.” The historic promotion is the result of hard work and dedication that isn’t achieved alone, but with the help of mentors and shipmates along the way.

“None of us ever gets here alone,” said Capt. Alonza Ross, the director of enlisted distribution at Navy Personal Command and mentor to Simmons-Fowler. “It takes a lot of support from family, friends and shipmates. I certainly understand how significant this achievement is, and I knew she was capable of doing it.”

Inspiration follows this woman who has achieved so much. The protégés that Simmons-Fowler mentors see that they also have the opportunity to achieve just as much, if not more.

“I am extremely proud of Chief Warrant Officer 5 Simmons-Fowler,” said Yeoman 2nd Class Olivia Likely, a protégé of Simmons-Fowler. “Women are pillars of strength and support. To see Chief Warrant Officer 5 Simmons-Fowler achieve this extraordinary goal, I know I have confidence and a voice, to know that not only can I conquer my goals, I can shoot far beyond than.”

The newly appointed CWO 5 explains that being a chief warrant officer in the U.S. Navy requires a person to be more than just skillful in their field.

“You have a lot of leaders out there,” said Simmons-Fowler. “When it comes to chief warrant officers, we are supposed to be the technical experts. So when the commanding officer needs someone to give him feedback on a system, they are going to find the warrant officers, because they will tell them what they need to know, not what they want to hear.”

In the U.S. Navy, the chief warrant officer rank is a technical specialist who performs duties that are directly related to their previous enlisted rating. They are accessed from the chief petty officer pay grades E-7 through E-9, and must have a minimum of 14 years of service.

“This has been a dream of Simmons-Fowler’s for years. She says she has always been hard-charging and dedicated to completing the mission,” said Simmons-Fowler. “Those are the people doing the work to make sure we succeed as a team. To those people, I’d like (say) thank you from the bottom of my heart.”

For more news from Command, Navy Recruiting Command, visit us on the web, www.navy.mil/local/cnrc; on our YouTube channel, U.S. Navy Recruiter; on Facebook, www.facebook.com/NavYRecruiting; and on Twitter, @usnavyrecruiter.

Lancaster Cancer Center

Lancaster Cancer Center, Ltd. is pleased to announce that Rebecca Light, has joined the practice as their Social Worker.

Lancaster Cancer Center recognizes the impact that cancer can have on a patient and on the lives of their family and friends. Ms. Light will be counseling patients with their cancer related concerns including adjusting to diagnosis and treatment, transportation and financial needs, and advance care directives. She will also provide education and guidance on supportive services such as community resources, palliative care, home health, and hospice. “I am dedicated to helping every patient in any way that I can”, says Rebecca.

“We have long appreciated the value that a Social Worker brings to the caregiving mission of Lancaster Cancer Center. They are a true force multiplier” in the battle against cancer. Our Social Worker identifies patient needs and facilitates the access to resources not only at Lancaster Cancer Center, but in the community at large. They serve as a true patient advocate”, says Bob Orzechowski MBA, SPHR, SHRM-SCP, Chief Operating Officer.

Ms. Light has a Bachelor’s Degree with a double major in psychology and sociology from Lebanon Valley College and is currently pursuing Master’s Degree in Social Work from Millersville University.

Lancaster Cancer Center adds Clinical Trials Coordinator

Lancaster Cancer Center, Ltd. is pleased to announce that Omar Guadarrama has joined the practice as their Clinical Trials Coordinator.

Lancaster Cancer Center, Ltd. is pleased to announce the formation of an Oncologic Clinical Trials Program. For nearly 30 years, the physicians at the Lancaster Cancer Center have offered select clinical trials to its patients. Clinical trials offer two distinct opportunities to patients. First, certain qualifying patients will gain access to cutting edge treatments not otherwise available. Second, all participating patients will be able to contribute to scientific research and the ongoing fight against cancer.

In his role as Clinical Trials Coordinator, Mr. Guadarrama will play a key aspect in the implementation of oncology clinical trials for the practice as well as collect data and provide administrative support. “My goal is to inform and educate patients and their loved ones on understanding clinical trials and the different types we offer, so that they, along with one of our doctors, can determine if a clinical trial is right for them”, says Omar.

“Offering clinical trials at Lancaster Cancer Center is another part of our comprehensive care. Clinical trials provide participants with access to the latest advancements available in cancer treatment. Our Clinical Trials Coordinator walks a patient through the process, which is crucial for patients to consider participation”, says Bob Orzechowski MBA, SPHR, SHRM-SCP, Chief Operating Officer.

Mr. Guadarrama has a Bachelor’s of Science from Alvernia University.

About Lancaster Cancer Center

Lancaster Cancer Center, Ltd. is proud to be the longest-running private, independent, community-based oncology/hematology practice in Lancaster County. We provide patients with an intimate setting to receive the highest quality, compassionate care this area has to offer. To schedule a consultation or second opinion, call 291-3133. To learn more, visit www.lancastercancercenter.com.
Get your MIDSECTION under control in 30 DAYS, even over the holidays!
Burn fat fast, reduce bloat and smooth skin for a new stomach!

The Special Advantages of Balancing Your Hormones WHILE Losing Weight:
- Actually BURNS UP fat cells, not just shrinks them.
- Our average weight loss for a woman is 20 pounds of FAT in a month!
- This PLAN takes hormones into account and corrects the imbalance for good.

As you get older, do you ever feel like your midsection is getting out of control?
First your favorite jeans become tight, then even dresses don’t seem to fit like they used to, and finally you resort to always wearing stretch yoga pants! You refuse to buy the next size up and also refuse to feel like things have to remain the same. So what is going on in your body that is causing this to happen? At BeBalanced, we understand this scenario because women tell us these things all the time. The GOOD NEWS is, we have a solution! Very simply, we are all under stress but as we get older and multitask more, we become more stressed. The holidays add more stress and the availabil-
ity of SUGAR to calm our stress—a deadly combination!

Elevated stress over time increases the production of the hormone cortisol. Cortisol is needed to buffer us from stress. When cortisol (stress) is chronically high, the body cannot continue to make it, so the body steals our sex hormone, progesterone, to make cortisol. Progesterone is a value because it is a fat burner and diuretic, and also helps us avoid strong cravings while aiding mood and sleep. Having good cortisol levels will help a woman have healthy lifestyle habits as well as aid weight management. Also, when progesterone is low from the above scenario, it causes a condition called “estrogen dominance.”

When estrogen is dominant over progesterone, it will constantly over stimulate the pancreas, causing insulin resistance. This condition occurs when insulin is constantly in the bloodstream. When insulin is in the bloodstream, it is very hard to burn fat or lose weight. This will cause an accumulation of fat, especially in the midsection. Having low progesterone combined with higher insulin levels is a recipe for disaster for the midsection. This condition gets worse, especially as a woman ages. At BeBalanced, our signature weight loss program, called Becoming Balanced, will balance estrogen and progesterone as well as lower insulin levels. This starts to occur within the first couple of days to a week on the program and will produce amazing results within 30 days. The program consists of a hormone-balancing diet, stress-management therapy, and homeopathic supplements and natural hormone creams. Any excess of these supplements is unraveled out so there is never any danger of overages often present in standard HRT and that also ad-
ministers the more risky hormones estrogen and testosterone. Estrogen excess will cause belly fat to in-
crease almost immediately.

Weight loss affects mainly the ab-
dominal area on this program. Your cravings decrease while mood and sleep improve. All of these things help you lead a healthier lifestyle and maintain results. Bloating, which causes you to feel like your abdomen just “blew up,” is elimi-
nated in a few days when you learn the foods you are “sensitive” to on this program. The final touch can be our signature skin smoothing/ tightenings products and VelaShape treatment using radiofrequency. We can do all this in just 30 days… even over the holidays so you can be ready to wear that little black dress for New Year’s!

Call today for a free hormone assessment and consultation!
You can balance your hormones and lose weight, even over the holiday season. Our yearly “Black Dress” contest will motivate you to look great by New Year’s Eve and even allow some cheat days!

Get relief from:
Headaches…Irriability…Hot Flashes…Cramps…“Hearty” Periods…Depression…Low Libido…Anxiety…Night Sweats…Bloating…Insomnia…Mood Swings…PMS

Our Becoming Balanced Program is now PATENT PENDING.

Our Guarantees:
BeBalanced stands behind our program. If you do not lose at least 15 lbs. in 30 days, we will give you more supplements and time at no charge. This happens so infrequently that we can offer this great guarantee in all of our franchise locations. Hear more at your free consultation!
Find out more about “Natural Hormone Balancing” in a free consultation, or take our free online “Hormone Assessment” at www.BeBalancedCenters.com

Call for a free consultation: (717) 569-3040
484 Royer Drive, Lancaster, PA 17601 (Along Oregon Pike in the new Worthington Complex)
Tackling the Opioid Crisis One Patient at a Time

by Susan C. Beam

For over 10 years, Lancaster resident Donald Broderick suffered from chronic and incapacitating back pain coupled with a bleak future of only two options: continue to live life in pain with limited mobility, or ingest a daily cocktail of painkillers which would allow for some relief but bring a host of uncomfortable side effects.

“Chronic pain is an epidemic. Millions wake up with chronic, debilitating pain, and as our population ages, we will only continue to see these numbers rise. How do we deal with chronic pain without introducing oral pain medication?” said Dr. David Simons of Pain Specialists of Lancaster.

As a 25-year veteran in pain management, Dr. Simons has dedicated his life to helping patients like Broderick manage pain through individualized treatment plans designed to enhance a patient’s overall quality of life.

According to Dr. Simons, while the term “opioid crisis” is often used in reference to illegal drugs, there’s another discussion associated with painkillers and medical necessity.

“If it was a drug, it wouldn’t be an opioid crisis. It’s a crisis in the prescription of narcotic analgesics. It’s not just a problem of addiction and diversion, it’s also a problem of pain management. In fact, it’s a problem of pain management that’s not being managed well,” explained Dr. Simons.

“Many patients are experiencing chronic pain and are being prescribed opioids as a last resort because there aren’t enough other options,” he said.

According to Dr. Simons, while the term “opioid crisis” is often used in reference to illegal drugs, there’s another discussion associated with painkillers and medical necessity.

“There is a tendency in our society to view oral pain medicine as the only answer to chronic pain,” he said. “Oral pain medicines come with a number of side effects, including nausea, constipation, fatigue, hormone depression, bone loss and—the most dangerous of all—psychological dependence and addiction.”

“The truth is, I see chronic-pain patients every week who are motivated to stop taking oral pain medicine,” continued Dr. Simons. “For much of his adolescence and adulthood, Broderick was an active person who enjoyed scuba diving, racing stock cars and flying his own airplane. But he began experiencing chronic back pain, which increasingly reduced his activity level until he was nearly immobile. Even after four major surgeries, he was still in daily pain.

“I would have done anything to stop hurting. I wasn’t able to lie in bed—I would sleep on chairs, the floor, anything for a few moments of relief. I was on pain medicine, with the dose constantly being raised, and I hate taking medicine. I was always sick with side effects and worried about one medicine interacting with another,” he explained.

Looking for answers, he found Dr. Simons, who proposed an alternative: a pump the size of a hockey puck, implanted in the skin in the abdominal area, with a catheter tunneled through the skin to the spine.

“Unlike oral medications, this is targeted pain therapy in which medicine is applied directly to the origin of the pain. In doing so, we not only treat the pain more effectively, but there are minimal side effects. It’s similar to a pacemaker, but for your back,” explained Dr. Simons, who added that after the initial placement, patients only need a 15-minute procedure every four to six months to refill the medication.

Broderick terms his experience as nothing short of a “miracle.”

“It’s been a godsend. Of course, I was nervous, but when you’re in that much pain, you’ll do anything. The quality of my life has greatly improved. I’ve been able to go back to doing diving, racing stock cars and flying my own airplane. But he began experiencing chronic back pain, which increasingly reduced his activity level until he was nearly immobile. Even after four major surgeries, he was still in daily pain.

“I would have done anything to stop hurting. I wasn’t able to lie in bed—I would sleep on chairs, the floor, anything for a few moments of relief. I was on pain medicine, with the dose constantly being raised, and I hate taking medicine. I was always sick with side effects and worried about one medicine interacting with another,” he explained.

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“It’s been a godsend. Of course, I was nervous, but when you’re in that much pain, you’ll do anything. The quality of my life has greatly improved,” said Broderick, who explained that he no longer suffers the debilitating effects of oral pain meds, his back pain has reduced exponentially and he enjoys his life once more.

Are you suffering from chronic pain? Are you motivated to find an alternative to a daily pill regimen? For more information, contact Pain Specialists of Lancaster at (717) 627-7246 or visit their website at painspecialistsoflancaster.com.
Health & Wellness

Weight-Loss Surgery: A New Treatment Option for People with Type 2 Diabetes

If you have type 2 diabetes, recent guidelines backed by the American Diabetes Association and 44 other respected health organizations say weight-loss surgery could be a treatment option to consider—even if you are just mildly obese. These recommendations highlight the profound effect of bariatric surgery on the treatment of diabetes associated with obesity.

Are You a Candidate?
Past guidelines recommended bariatric surgery as a last resort for people who were severely obese, with a BMI (body mass index) of at least 40, regardless of their overall blood-sugar levels. Improvement in their diabetes was a welcomed side effect.

More recent guidelines, however, conclude that surgery should routinely be considered as an option for adults with inadequately controlled type 2 diabetes and a BMI of 35 or greater—the emphasis being on better blood-sugar control, not weight loss.

Diabetes Is an Increasingly Common Disease
Nearly 26 million Americans have diabetes—the majority with type 2 diabetes, also known as noninsulin-dependent or adult-onset diabetes. Many, although not all, are overweight or obese. Some people are able to control their disease through dietary changes, exercise, and careful monitoring of their blood-sugar levels. However, poorly controlled diabetes over long periods of time can lead to serious health problems, including heart disease, stroke, kidney failure, amputations, and blindness.

The Diabetes–Bariatric Surgery Connection
Research has long revealed that weight-loss surgery had an added benefit for diabetics—reducing and in some cases eliminating symptoms. Of particular note is the Cleveland Clinic study, STAMPEDE—Surgical Treatment and Medications Potentially Eradicate Diabetes Efficiently—a landmark study that followed diabetes patients for three years after their procedure. These patients lost more weight, had better kidney function, and a better quality of life than diabetes patients who were treated with intensive medical therapy alone. Take a look at the results:

• A control group treated with medications, daily blood-glucose monitoring, intensive counseling about diet and exercise, and regular weigh-ins, lost an average of 9 pounds.

• A group undergoing gastric bypass, which converts the stomach into a small pouch and bypasses the first portion of the intestine, lost an average of nearly 58 pounds.

• A group undergoing sleeve gastrectomy, which removes 80 percent of the stomach, lost an average of 47 pounds.

Of the surgery patients, more than a third of the gastric bypass group and 24 percent of the sleeve gastrectomy group had their blood glucose under control after three years. Just 5 percent of patients in the medication group achieved that goal.

In addition, more than 90 percent of the surgery patients required no insulin after three years, while nearly half needed it at the start of the study. They also reduced their use of cholesterol and blood pressure medications.

It’s Not Just the Pounds that Make a Difference.
While weight loss alone can help type 2 diabetes, bariatric surgery also positively affects hormones and other substances that regulate insulin and blood sugar. Therefore, the earlier you get weight-loss surgery after being diagnosed with type 2 diabetes (before the disease progresses), the better the results.

Despite the benefits, weight-loss surgery is not for everyone. Talk to your doctor about what may be the right choice for you.

You can learn more about weight-loss surgery by visiting LGHealth.org/bariatrics.
Court Appointed Special Advocates (CASA) of Lancaster County recently swore in twelve new volunteer advocates. CASA volunteer advocates are appointed by the court to represent the best interests of abused and neglected children with the belief that all children deserve safe, nurturing, and permanent homes. CASA volunteers have served 569 children in Lancaster County since the first case was appointed to CASA in January 2010.

More than thirty friends, family members, and CASA supporters witnessed Judge Jay Hoberg swear in twelve volunteer advocates during a ceremony held October 4th at the Emerald Foundation, 2120 Oregon Pike, Lancaster.

“Every child deserves the support of a caring, consistent adult with the training to help her or him heal and thrive,” said Jessica Laspino, Executive Director. “It is so important that each child in foster care be given a voice and a chance for a better life.”

Guiding these new volunteers in their journey towards changing a child’s life will be recently hired Volunteer Manager, Jasmine Jackson. As a Volunteer Manager, Ms. Jackson supervises and guides volunteers through the often difficult, but rewarding process of advocating for a child in foster care. She is a graduate of Franklin and Marshall College and earned her B.A. degree in Government and Public Policy. Jasmine has worked and volunteered in a couple of nonprofit organizations. She writes, “Being able to help make a difference in the community, and in the lives of children has always been important to me. I’m very excited to be a part of CASA, as I work alongside the advocates in ensuring the welfare of these children and making a long lasting impact on them.”

CASA volunteers believe that every child deserves to grow up in a home free of abuse and neglect, and that growing up in a safe home is a fundamental human right. CASA volunteers fight for that right, they lift up children’s voices, they lift up children’s lives.

For information about being involved with CASA, call 717-208-3280 or send an email to casa@casalancaster.org or visit www.casalancaster.org.

Jasmine Jackson
Volunteer Manager

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CASA Welcomes New Advocates and Staff
We provide comprehensive female and male infertility evaluation/treatment.

- IVF (in vitro fertilization)
- ICSI (intracytoplasmic sperm injection)
- Egg donation (we have immediate availability for recipients)
- IUI (intrauterine insemination)/donor insemination
- Assisted Hatching
- Blastocyst Culture and Transfer
- Ovulation Induction
- Andrology Services
- Autologous endometrial coculture for IVF
- Gestational carrier/surrogacy consultation and monitoring
- LGBT Family Building
- Fertility Preservation—egg and sperm freezing/storage
- Genetic counseling
- Preimplantation Genetic Diagnosis (PGD)
- Treatment of recurrent pregnancy loss
- PCOS (polycystic ovarian syndrome)
- Endometriosis
- Da Vinci Robotic Surgery—removal of uterine fibroids/tubal ligation reversals
- Management of ectopic pregnancy
- Reproductive urologist for male infertility

Now Welcoming New Appointments
If you have been wondering about streaming TV from the internet every time you open your cable bill, you are not alone. The field of TV streaming is booming. It is also in a constant state of change, with evolving technology, new products and new participants. Here we take a quick look at the two most popular options: Roku and Amazon Fire. Roku and Amazon Fire require their streaming device to be attached to the TV. These devices run from about $50 for the sticks to about $100 for the more robust boxes. There is no monthly fee for the Roku or Amazon streaming service. Smart TVs can stream directly, but the selections are very limited.

In the past, streaming was limited to prerecorded shows and movie services like Netflix. The lack of local and live TV, as well as adequate band width, kept streaming a sideshow. This is no longer the case. Local news and weather are available on Roku via the free NewsON application, and WGAL is available on Amazon Fire through a WGAL channel application. XTV is a free Roku application which streams live TV, including most national networks, as well as Canadian and European stations. XTV is not listed on the Roku Channel store. It is one of the hundreds of private Roku channels (including adult channels) available on the web and allowed to stream on Roku. Google “Roku Private Channels” for more information.

Amazon Fire might be the best choice if you are already a Prime member. The Amazon Prime list of movies and TV shows is similar to Netflix and available free to Prime members. Amazon’s structure and channel selection is more limited and controlled so as to promote Amazon content. However, Amazon allows for the addition of third-party open-source software. For this reason, it has become a popular platform for the program known as KODI. This program is becoming popular in many countries around the world due to its ability to access streaming content of all types from across the World Wide Web.

There are also premium streaming TV services such as Sling TV and USTV-Now, which provide streaming-live TV packages similar to the cable company TV packages. These TV services can work over Roku and Amazon Fire. They generally run less than $30 a month and can be streamed simultaneously to three devices. This can be a big advantage in reducing cable bills across multiple locations.

LCW asked us to present a short article for LCW readers after recently upgrading their network and converting all their TVs to streaming. Should readers want more information or desire this type of service, please email inyork@comcast.net.
Physicians Weight Control

Dr. William J. Strowhouer: Medical Director
- We have been offering a comprehensive, affordable, 
  FDA approved Rx Diet Program for 30 years.
- Now offering the revolutionary Strawberry Laser Lipo inch-loss system.
- Medical Weight Loss options unavailable in surrounding states.

LANCASTER OFFICE
Grand Opening January 1, 2018
Scheduling available November 1st for Diet Program
and Strawberry Laser Lipo.

For more information or to set up your appointment:
Give us a call: 1-800-792-3161

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savethemanatee.org

Photo © David Schrichte
Experience a historic Christmas with the 1719 Hans Herr House & Museum. This year’s Christmas Candlelight Tours focuses on the role of weaving in Pennsylvania German and Native American societies. Guided by luminaria and conveyed by a covered wagon, the tour will cover the grounds, including the Lancaster Longhouse and the 1835 Shaub House. Learn about basket making, flax processing, Native American cordage and more as you move from station to station. The evening will conclude in the Herr House’s Stube with a reading of the Christmas story from Luke 2 and singing “Silent Night” in German.

“Christmas Candlelight Tours are a wonderful time to experience the beauty of the 1719 Hans Herr House while also gaining a deeper understanding and appreciation of our past,” says Joel Nofziger, Director of Communications for the 1719 Hans Herr House & Museum.

Following the tours, participants are invited to linger around the fire for hot chocolate and pretzels. Herr House smoked sausage will be available for purchase.

This annual celebration runs the evenings of December 7, 8, and 9. Tickets cost $12 for adults, $6 for children between seven and twelve, and free for children six and younger. Tours run from 6 to 8 p.m. on Thursday, December 7 and Friday, December 8; they run from 5 to 8:30 p.m. on Saturday, December 9.

Advance registration is required. Tickets can be purchased at www.hansherr.org or by calling (717) 464-4438. Participants should dress for the weather and plan to walk throughout the evening, as a large portion of the Herr House property will be covered.

The 1719 Hans Herr House is located at 1849 Hans Herr Dr., Willow Street, PA. The 1719 Hans Herr House Museum contains buildings and exhibits tracing the formation of Lancaster County and early America. The 1719 House is the oldest building in Lancaster County and the oldest surviving Mennonite place of worship in the Americas.

Christmas Candlelight Tours is one of over fifty Lancaster Roots 2017 events. Lancaster Roots combines the events of the Lancaster Mennonite Historical Society and the 1719 Hans Herr House & Museum. Through public presentations, food, music, field trips, and classes, these events reveal Lancaster and its people: their stories, culture, and history.
Hair Botox contains a protein rich formula which fixes the imperfections in each individual strand of hair with active ingredients. This mixture of proteins, caviar oil, collagen, vitamins, antioxidants, natural acids and healing agents guarantees to moisturize, nourish and restore hair from inside out.

Did you know that a bad hair day is not just a one-time problem? This is your hair’s way of showing you that it needs immediate help! With all the coloring and styling we do, our hair is crying out. Just using conditioner is not enough to keep your hair healthy.

BOOST YOUR EGO!
It’s one of the deadliest epidemics in American history, with an estimated 90 people losing the battle each day: the opioid crisis. Recently declared a national health emergency, overdoses from opioid use took the lives of an estimated 64,000 Americans in 2016, up from 53,000 in 2015, according to the CDC. And Lancaster County is not exempt.

“As of June of this year in Lancaster, we’ve lost 80 people to overdoses. We’re on track to surpass 2016, when we lost 107 people total for the year, making 2017 one of the worst so far,” said Dave Schmidt, VP and Chief Nursing Officer for UPMC Pinnacle Lititz. “With these tragic losses in mind, this hospital, along with the three other area community hospitals, decided to do something different to combat this crisis among our residents and to help our community at large.”

For this reason, UPMC Pinnacle Lancaster and UPMC Pinnacle Lititz are participating in a new initiative, called the “Warm Handoff,” with Lancaster’s Recovery-Advocacy-Services-Empowerment (RASE) Project. The “Warm Handoff” initiative is a crisis-intervention service jointly provided by RASE and local hospitals in an effort to connect an opiate-addicted patient with treatment and possibly a chance for recovery.

“When a patient comes in after overdosing, they’re in a state of crisis. They’ve just been revived from the overdose by Narcan, which is a drug that reverses the effects of overdose,” explained Schmidt. “They’re usually hurting badly and uncomfortable, as they are used to a certain level of opiates in their system, and the Narcan removes that.”

“After the patient is medically stable, the Warm Handoff process begins. A trained counselor comes in after being contacted by the hospital’s patient care team and meets with the patient, gets their history, inquires if they’re interested in beginning the recovery process, and connects them with resources,” Schmidt continued. “It’s very much like seeking out a specialist for a patient—this specialist is trained in addiction and can provide support.”

According to Schmidt, this early-intervention stage is key, and the kind of peer-to-peer support provided by the RASE specialists is indispensable.

“This is a population that is marginalized as a whole by society, and the ER might be the only kind of health care they receive. With the Warm Handoff process, we’re able to connect the patient to a trained support person who can say to a patient, ’I know what you’re going through, and you’re not alone in this,’” said Schmidt. Likewise, Schmidt said, this is a population of our fathers, mothers, daughters and sons. Addiction is a disease which affects many families.

“It’s amazing the width and breadth of this problem,” he commented.

As someone with a background in behavioral health, Schmidt says he has high hopes that the Warm Handoff initiative in Lancaster hospitals will contribute to curbing the rising tide of addiction in Lancaster.

“It’s an incredible resource for the community, and one which has the full support of members of the Lancaster medical community,” said Schmidt.
Ask Melissa Greene why she teaches creative writing and she’ll tell you, truthfully, “because writing touches the soul.” Melissa, a 16-year resident of Lancaster County, is a professional fiction writer, poet and therapeutic writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens. Says an adult student: “Her class is a totally warm, whimsical, one-of-a-kind experience—not at all like that essay-writing class you dreaded in school. It’s about finding a way into your creative self.”

“My creativity and I grew up together. It’s my writing home,” says a teen who has taken classes regularly for nine years. Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She has a particular interest in mentoring has the power to console, illuminate and heal. She has a particular interest in guiding those who have longed to write, but thought they couldn’t. There are no grades, tests, cell phones or judgment, and sharing is optional, providing a retreat where even the most timid can relax.

“Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. Writing from the heart isn’t about speed, pressure or getting published. It’s about taking a deep breath, harnessing what we feel and writing without fear. Creating should be playful and fun—a comfort, not a task!—especially in today’s complicated world. The process begins with slowing down, unphlegming our technology and getting back in touch with the moment.” She laughs. “That alone can lead to a happier life!”

Melissa works with schools and therapy offers year-round group workshops for men, women and children and teens; and summer camps for children and teens. She coaches all ages, privately, tailoring sessions to individual needs. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process. She also conducts free workshops supporting adult cancer patients and caregivers. The Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute; the Penn State Hershey Cancer Institute; Hershey, Pa.; and WellSpan York Cancer Center, York, Pa.

“Writing from the heart isn’t about grammar, spelling or punctuation, but what we long to write...for the joy of it. It’s a return to our emotions—serious, funny, whatever appears on the horizon. Writing is freedom from technology, a known antidote to emotional and physical pain. Our inner lives matter—especially today—they calm and replenish us.”

“I know a perm will give me the volume and curl I want, but I can’t get my stylist to give me one.”

Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm, I tell them absolutely. To my surprise they tell me their previous salon wouldn’t or couldn’t do this service. When I started my career, perms were the “must have” service.

Then, with the straightening trend happening 15 years ago, perms seemed reserved for the “classic girls.” Believe me, they are back and back big!

New Products

Meet Mature Hands

Here’s the problem: Today’s newer stylists aren’t familiar or confident with the perm process and therefore don’t offer perm services. Stylists that do REALLY know how to do this well are stuck in the ‘70s—nobody wants to look like Farrah Fawcett. Well, my team and I are on the forefront of the newest perm chemicals available, have the mature tenacity to perform this service the way you want it done, and we KNOW the most current styles.

If You Have Knowledge, You Have Power

I want every woman (not just my clients) to have the curl and volume she desires! That’s why I wrote This Curl’s for You. This easy-to-read book will not only give you the basic information about perms, but will answer all of your questions and give you the information you need to get the perm you want—not a perm your mother would’ve loved.

Anyone who would like a copy of this book at no cost to them should just call 888-795-6727, 24 hours a day, or visit us at www.ThisCurlsForYou.com to request a copy.

Dedicated to your beautiful hair, A. L. Segro

A. L. Segro’s salon, Segro’s Lancaster Hairport, is located on the corner of Queen and Lemon streets in Lancaster; anyone who wants to make an appointment can call 717-299-9592.

Arts & Leisure

Write From The Heart: A Great Gift For The Holidays!

Upcoming Classes

Women’s Very Merry Holiday Writing Retreat: “Write & Relax”

Monday evenings, 5-week series: Jan. 9, 16, 23, 30, Feb. 6. 6:30-8:30 p.m.

WITH Lancaster Studio.

Please call for fees/directions.

Women’s Intro: “Writing Without Fear”

Tuesday evenings, 5-week series: Jan. 9, 16, 23, 30, Feb. 6. 6:30-8:30 p.m.

WITH Lancaster Studio.

Please call for fees/directions.

Women’s Memoir Writing Workshop: “Telling Our Life Stories”

Monday evenings, 8-week series: Jan. 10–March 7 (no class Jan. 24)

6:30-8:30 p.m.

Registration required. Please call LGH Contact to register: 717-544-4636.

The Milton S. Hershey Medical Center/ Penn State Cancer Institute, Hershey, PA

Thursday evenings, 6-week series: Jan. 11–Feb. 15 5–7 p.m.

Registration required. Please call Center-Stage to register: 717-531-6421.

Write from the Heart: “Writing Made Wonderful”

Sunday afternoons, 4-week series: Children: Jan. 21, Feb. 18, Mar. 25, Apr. 15

Teens: Jan. 28, Feb. 24, Mar. 21, Apr. 18

2–4 p.m.

WITH Lancaster Studio.

Please call for reservations.

Teen/Children Winter Workshop: “Writing Made Wonderful”

Friday evenings, 5-week series: Jan. 8, 15, 22, 29, Feb. 5.

6:30-8:30 p.m.

WITH Lancaster Studio.

Please call for reservations.

Free Workshops for Cancer Patients and Caregivers

The Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA

Wednesday evenings, 8-week series: Jan. 10–March 7 (no class Jan. 24)

6:30-8:30 p.m.

Registration required. Please call LGH Contact to register: 717-544-4636.

The Milton S. Hershey Medical Center/ Penn State Cancer Institute, Hershey, PA

Thursday evenings, 6-week series: Jan. 11–Feb. 15 5–7 p.m.

Registration required. Please call Center-Stage to register: 717-531-6421.

Therapeutic Writing Workshops for Adults, Children & Teens

Gentle, fun, nonintimidating workshops held in an atmosphere of warmth and trust. Sharing optional. Mischief a must! No grades, grammar, spelling or red pen. A safe haven for the soul.

Contact Melissa Greene:

Poet, teacher and believer in art for a kinder world.

717-393-4713 or visit www.writefromtheheart.us

The Newest Book from A. L. Segro, author of Don’t Fear the Bleacher answers now

Get the answers now in this No-Cost Book!

“I wrote this book because women can’t get the perm they want from their stylists.”

A. L. Segro

Lancaster-based stylist A. L. Segro’s newest book, This Curl’s For You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ‘70s and ‘80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers.

Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your free copy of This Curl’s For You by A. L. Segro.

“A and Michelle saved me or at least they saved my hair.” — Mary Fulginetti, Tumserville, NJ

“All I know is that my hair is beautiful and I will never let anyone but A. L. and his team touch my hair again.” — Tracy Flynn, Lancaster, PA

If you need an immediate consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.
Conestoga Valley Christian Community Services (CVCCS) was born out of the caring hearts of neighbors and churches in the Conestoga Valley School District to help meet the growing needs of the poverty stricken and homeless in our community.

In the past couple of years, we have seen a growing number of families and individuals in our community struggling to adequately feed, clothe, and house themselves. Some of these families have lost their homes and are now staying in motels, living with friends/family or in other temporary situations that offer little safety or comfort. CVCCS works closely with the Conestoga Valley School District to identify families in need and try to direct them to established social service agencies that can help.

CVCCS also offers these families and individuals the necessary staples to feed and clothe their families. CVCCS works closely with the Conestoga Valley School District to identify these families and help provide the necessary staples to feed and clothe their families. CVCCS also works to direct them to established social service agencies that can help find permanent housing, financial assistance and job training.

CVCCS is located off of Witmer Road and offers:

- CVCCS food bank
- CVCCS clothing bank
- Summer lunch program
- Weekend blessings
- Christmas Hope Gifts Program
- Thanksgiving and Christmas Food Box Giveaway & Community Day

In the near future, we hope to add more counseling, training, and mentoring programs for the children and families that are most at risk of homelessness.

Your contribution will make a world of difference in the lives of those that are suffering. With your help, CVCCS can continue to make a difference in our community. Please consider committing to support CVCCS and its programs, whether as a one-time donation, an end of year giving, monthly partnering with our organization, or as part of the “Extra Ordinary Give on November 21, 2014.”

Amanda and Alicea have a safe place to live and a path out of homelessness because everyday heroes chose to give them a hand-up by supporting Water Street!

Since 1905, Water Street Mission has been providing an environment of hope and healing for hurting and homeless men, women and children in Lancaster County. By looking beyond the presenting symptom of homelessness and providing loving support, guests are able to overcome challenges and find restoration in God.

Whether you volunteer at Water Street, pray for our guests and staff, or support our work with your finances, you are one of the many heroes in our community ... heroes who are contributing to restored lives and having a positive impact that will echo into eternity. You are one of the heroes who can proudly say, “I am Water Street!”

CVCCS is a registered 501 (c)(3) non-profit organization. All donations are tax deductible.
Milagro House provides education, housing and support for women and their children experiencing homelessness.

“Milagro House has been a huge blessing to me. In addition to the support of the staff, I have been able to go to school and just completed my Dental Assistant training. But the biggest blessing has to be the fact that my kids finally get to see their mother doing something positive in her life. I am so grateful for everything they have done for me and my kids.” ~ Nanette

Operating since 1998, we have served over 1,700 women, giving them the skills to move from poverty and dependency to self-sufficiency and independence.

Please call us to find out how you can help at 717-509-1401. Donations can be made online at www.milagrohouse.org, or by mail to 669 West Chestnut Street, Lancaster, PA 17603.

The Milagro House Family Wishes You and Your Loved Ones A Blessed Holiday!

YWCA sister associations in Central Pennsylvania have long known the struggle survivors face in coming forth to report and share their stories involving sexual assault, rape, harassment and sexual abuse. There is no one generic term to use when describing the gamut of experiences individuals endure. Victims are to be believed, supported and given access to healing care services as they are ready to move beyond their trauma. As more women and men find their voices to report current and past incidents of assault, we must not tolerate public ridicule and disbelief. It is deplorable that, historically, women have not been believed, have even been assigned blame for what occurred and are expected to prove that something happened to them—but not the predator. Along with disclosure comes the emotional and potentially financial labor of exposing abuse, adding to the already heavy burden of experiencing humiliation and loss.

We must believe and support survivors, and commit to changing the attitudes and behaviors too prevalent in our communities today—holding perpetrators accountable for the power they abuse and the harm they inflict through sexual violence. Join us in not being complicit. Listen to someone’s story and be moved to action. Stop perpetuating inappropriate jokes and memes through social media channels. Challenge media’s perception and portrayal of women and men in stereotypical and unhealthy views. Teach respect. Teach informed consent. Model positive attitudes and healthy relationships. We ask you to be open to understanding what people around you are experiencing and not be quick to judge, dismiss or discredit their stories. Help us change the social climate now.

ywcalancaster.org
Share Your Blessings

Pet Pantry Wish List

- Unopened Dog & Cat Dry/ Canned Food
- Kitty Litter
- Food & Water Bowls
- Leashes & Collars
- Pet Treats
- Toys
- Dog and Cat Beds
- Volunteers
- Corporate Sponsors
- Monetary Donations
- Gallon Zip Lock Bags (for packaging)
- Fuel Cards (for deliveries)
- Scotch Tape
- Dawn Dish Washing Soap
- 5-Gallon Food-Grade Buckets with lids (clean and dry)
- Copy Paper
- Paper Towels
- Gently Used Towels and Blankets
- Pet Carriers
- Collapsible Dog Crates
- Clipboards
- Newspaper
- Cat Scratching Posts
- 13-Gallon and Smaller Trash Bags

Visit www.petpantrylc.org for dropoff locations near you!

Spay and Neuter Pet Clinic

Bryan Langlois, DVM
Medical Director and Co-Founder of Pet Pantry

Our spay and neuter services are intended to help reduce the pet overpopulation problem in our community and reduce the risks of certain companion animal diseases. Other low-cost services in Lancaster are currently overwhelmed by demand. We are pleased to provide these services in furthering what is widely recognized as an important goal for all animal welfare organizations.

If you have a dog or cat that is not spayed or neutered, please read the facts below on the importance of having this simple and potentially lifesaving procedure performed on your pet.

Why spay or neuter dogs and cats?
Millions of dogs and cats, including puppies and kittens, go without homes and are needlessly euthanized every year. As a pet owner, you can help make a difference by having your dog or cat surgically sterilized to prevent the birth of unwanted puppies and kittens. This procedure can also enhance your pet’s health and increase the quality of their life. Spaying and neutering does not just prevent unwanted litters. This procedure can reduce common behavioral problems associated with natural mating instincts, such as marking territory, humping and roaming. Pets that are less likely to roam in search of a mate can reduce the risk of your dog or cat being hit by a car, getting lost, fighting and biting people or other animals. This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostate hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

Why do we offer low-cost spay and neuter surgeries?
We recognize that the costs of these services can be prohibitive for many of the individuals and organizations that need them most. If your pet is between the ages of 2 and 8 years of age, it is recommended that you get a routine blood-work screening of them done at the vet’s office prior to making the appointment. This will help ensure they do not have any underlying issues that might affect their ability to undergo anesthesia. If your pet is over the age of 8, this blood-work screening is STRONGLY ENCOURAGED, as older animals may have some early underlying medical issues that can only be detected via blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and postoperative medication protocol possible for the health and well-being of your pet.

Make a Gift and Save Lives!

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn.

For as little as $15, you can help animals on their journeys to a forever home by providing food, shelter, and veterinary care at our fully accredited nonprofit animal hospital.

2195 Lincoln Highway East, Lancaster
(717) 393-6551

Visit our website at www.humanepa.org

Give for the Animals!

- 100% of donations go towards helping people and pets right here in Lancaster County.
- We give out 9–10,000 pounds of pet food every month to over 300 families and 1,100 pets in need.
- We provide lifesaving veterinary care to strays and animals.
- We have rescued and adopted out over 350 cats this year.

26 Millersville Road
Lancaster, PA 17603
(717) 983-8878

Visit www.petpantrylc.org for dropoff locations near you!
“’Twas the Night Before Moving”

Except, you’ve packed the shower curtain. In which box? No problem, you decide to take a bath instead—and realize that you’ve packed the towels. You’re unable to locate the box containing things from the linen closet, but find a cotton with dish towels in it and decide they will have to do.

Since it is getting dark, you reach for the lights and realize that the only lamp not packed is the pole lamp in the study. You move five packed wardrobes searching for a receptacle to plug it into.

The movers will arrive before 8 a.m.—better set your alarm for 6 a.m.—except that you’ve packed the clock radio. You could ask your daughter (who is always up early) to call you, but the only telephone not packed is the one in the kitchen. You remember a travel alarm clock in your dresser, and this problem is solved.

At a time like this, comfort is needed. You decide that a pint of chocolate ice cream in the freezer will do just the trick. When you open the freezer door, you are astonished to see that the freezer is full. You used up the refrigerator food, but forgot about the freezer. Is there a cooler in the basement? If not, you may have to eat two gallons of ice cream tonight. You take the plastic spoon you’ve set aside for coffee in the morning and dig in.

Feeling very full, you lift the covers and get into bed. As your head hits the pillow, you remember that in the morning you will need to strip the bed. Bed linen, mattress cover, pillows and blanket will need to be packed. You try to remember if you’ve saved a large box to put them in. How will you get to the dust ruffle? You decide to wait for the movers to lift the mattress.

Before turning out the light, you gaze around your bedroom. You’re unable to locate your travel alarm clock. You move five packed wardrobes searching for a receptacle to plug it into. As you look around the room, you realize that you forgot to set aside clothes for tomorrow. Will anyone notice if you wear the same clothes again tomorrow?

At least you remember to leave out styrofoam cups and a plastic teaspoon for coffee in the morning. You feel consoled until you recall placing the coffee can in the box when you packed the pantry. Well, okay—there’s a convenience store nearby. You just hope you can get there and back before the movers arrive.

Seriously, if you want your move to be more organized than this, call Rocky at (717) 615-6507 for a free copy of the “Do Not Pack” Tip Sheet. Rochelle (Rocky) Welkowitz is Lancaster County’s Active Adults and Seniors Relocation Specialist and founder of Transition Solutions for Seniors, LLC, provider of the area’s largest menu of services for older adults on the move and their families.
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Grading Festive Family Fun

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.

– Burton Hillis

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November/December 2017
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Lancaster County Woman
With the winter holidays upon us and considering it is often the only time your loved ones are together, it may be the perfect opportunity to gather for a family meeting. This is a unique opportunity to discuss your wishes for the future of the family and explaining the estate planning decisions you have made. For many families, bringing up estate planning and related finances is something akin to raising the topic of politics: It is better not done and may even end up with some early exits. However, if it is your hope that your legacy includes that your family remain close and gathering together long after you are gone, addressing your estate plan with them now is guaranteed to promote your goal.

So how do you successfully raise this topic and avoid argument while successfully completing your task? At the outset, set the tone of how important the meeting is to you by letting your adult family members know that it will take place and that minor children and phones are not invited. For some families, these meetings are simple and merely confirm a basic plan and address who you have appointed to be the decision-makers and what the plans are for the future (sell the house, retirement, paying a family caregiver, etc.). However, for some families with more complex estate plans and unique assets, it is a longer process, including addressing hard topics of why certain individuals get more or less and explaining your legacy for your charitable giving goals. This is incredibly important in situations where parents may be handing down a family business, moving in with a child, and paying those children who may be primary caregivers.

Such a meeting is also not merely about the big picture items, but the sentimental ones that may divide families after your death. I have had to argue in court about everything from the classic Mustang Shelby car to the family bible. If you advise family members that this is what you want while you are living, the arguments are certainly less or nonexistent after you pass away. It is obvious that these discussions can make people uncomfortable; however, it is worth some discomfort now, to avoid the arguments among family members after you have gone or when you no longer have the capacity to understand your affairs. This also takes a tremendous burden off the backs of your appointed decision-makers, who are simply left with carrying out the wishes that everyone knows were yours. These meetings can also be a great opportunity to discuss your other goals, such as your philanthropic goals and your hope that family will continue such commitments.

While you may not want to dampen the family’s holiday spirit, when handled correctly, this is the time that is typically best to set an estate plan in motion. It also is something that should be revisited as the family grows and changes. This includes expressing your awareness that you may lose your ability to handle your affairs as you age, which is why it is important to explain the choices you have made while you are able. This can be the best holiday gift you can give to your family!

Peace be with you and your family throughout the coming years!

The Holidays and Estate Planning

Jeffrey C. Goss, Esquire
Brubaker Connaughton Goss & Lucarelli LLC

November/December 2017
This year the Manheim Lions Club will be sponsoring the 17th Annual Christmas Tree Lighting Ceremony on Market Square in Manheim on December 2 from 5:00–6:30 (rain date is December 3). This year’s festivities will include performances from Cricket’s Performing Arts and the Manheim Brass Band. We will be caroling and meeting the new Manheim Borough Police K-9 Nash. This year children can get their photos taken with Santa Claus thanks to JS Photography. WALK IN LOVE will sponsor a Smile Booth. Residents and visitors will be able to win a chance to “Flip the Switch” to illuminate the lights on the Christmas Tree. This year the Christmas Tree Lights will be synchronized to music thanks to Stray Lighting and Production Services. Food Vendors will be available and people attending the event are encouraged to bring a new toy for the Toys for Tots Collection box sponsored by the Northwest EMS.

The Manheim Lions Club is pleased to sponsor the 3rd Annual Manheim Santa Run & Walk 5K to be held on Saturday December 2, 2017 beginning at 8:30 a.m. This is a time for family and friends to get together and share in the holiday spirit by joining many other Santa’s as they run/walk through the streets of Manheim. Race begins and ends at Market Square. Kreider Farms will be sponsoring the Kreider Farms Finish Line and every participant who crosses the finish line will receive chocolate milk!

Entry cost is $35 for adults (15 and older) and $30 for youth (14 and younger). Adults who register may receive a Santa Suit or Long Sleeve Tech T-shirt and youth will receive a Long Sleeve Tech T-shirt and a Santa Hat if the registration is received before November 15th. There is not guarantee on Santa Suits or Long Sleeve Tech T-shirts after November 15th. Race day registration will be accepted beginning at 7:00 AM but will not include a Santa Suit or Long Sleeve Tech T-Shirt. Trophies will be awarded for both overall male and female finisher, as well as top finishers in each age category.

Participants are encouraged to bring a new, unwrapped toy for Toys for Tots. WALK IN LOVE will be sponsoring a Smile Booth and other sponsors include Harrington Hoists Inc., Hondru Auto Group, BB&T, Germania Band of Manheim, Manheim VFW Post 5956, Twin Kiss, Manheim Grocery Outlet Bargain Market, John A. Zern & Sons and Kegels Produce. For more information please visit the Manheim Lions website www.manheimlions.org or register at www.active.com.
Martin Foot and Ankle

“Martin Foot and Ankle has been using Lancaster County Woman for several years. Every issue has educational articles as well as informational bits regarding Lancaster County. Working with JoAnn has been a delight! I would highly encourage any business to meet with her and discuss future opportunities.”

– Aimee Miller

Smiles by Stevens

“We have been advertising with Lancaster County Woman newspaper since we started our business. The staff and quality of work they provide is wonderful. We receive a lot of positive feedback from our patients and will continue our relationship with LCW for years to come.”

– Shea Stevens, DMD, FICOI

BeBalanced

“I have been advertising in LCW for the past six years that I have had my own business, and for a few years prior when I ran a small business for a larger company. I have always been pleased with the feedback and the results from using this informative publication. I feel it gives me a platform to not only advertise, but also to educate women on different aspects of their health. New clients always tell me they saw it in a doctor’s office or paraprofessional office, which only adds to the credibility. I cannot thank JoAnn and her staff enough for this wonderful educational vehicle in which to advertise women’s health issues!”

– Dawn Cutillo

Change by Choice Hypnotherapy

“I have been advertising with LCW for 10 years because it gives me an opportunity to tell, in detail, about the unique services Change by Choice offers. People read the articles and save them...one client saved my original article for three years. (Makes it hard to track results of given ad, but that kind of ‘hard’ is easy to take.) “And, LCW is read by a lot of men. More than half my male clients tell me they called because of something they read in LCW.”

– Lee Mengel

Write From The Heart

“I’ve been advertising in Lancaster County Woman for 11 years, and the majority of my new clients still tell me that they found me—here—in these pages. I have LCW to thank for a successful business in Lancaster County!”

– Melissa Greene

Chiropractic 1st

“Chiropractic 1st has had a long-standing relationship with LCW and JoAnn. The publication’s professionalism and far reach in the community in which we serve is just one of the many reasons we value JoAnn and her team.”

– Matt Mullins

Segro’s Hairport

“LCW hands down has been the best vehicle to support my ongoing information marketing campaign. For the last five years, 95% of my premium conversions have come from advertising my books in LCW. The affordable price point has made a very effective return on investment.”

– Al Segro

LUXE Salon & Spa

“LUXE has been advertising in Lancaster County Woman Magazine since we opened in 2008. Working with JoAnn and her wonderful staff has continuously brought great results and has helped our business grow tremendously over the years. I would recommend LCW to any business owners looking to increase exposure and brand identity.”

– Ana Kitova

Life Span Psychological Services

“Life Span would like to thank JoAnn for a pleasant and cooperative relationship for many years. Life Span was pleased when JoAnn approached us to be one of the original contributors to this newly created magazine. Life Span’s advertising through LCW has produced many referrals. The articles published have provided an opportunity for Life Span to educate the public about mental-health issues. Best wishes to JoAnn and her staff for many years to come.”

– Lori L. Lewis

A Loyal Reader

“I have been reading Lancaster County Woman for the past two years, each time I go to a doctor’s office. I have to say that I really look forward to seeing each new issue. I really like that there are articles to read, as I find them very informative.”

– Richard Gross, Lititz, PA
Would you be interested in acupuncture for your pet? If so, you may be interested in acupuncture! Veterinary acupuncture and related modalities are quickly becoming an integral component in animal health care, whether your beloved pet is a bird, cat, dog or horse. Although the origins of acupuncture are in ancient Chinese practices and traditions, scientific evidence has shown that acupuncture points and channels are related to important anatomic structures such as nerves, muscles and vessels; this affords them a highly influential role in treating specific diseases as well as in promoting overall health and well-being.

How does acupuncture work?
Think about what you do when you accidentally slam your finger in a door—you quickly grab and squeeze your finger or shake your hand. By creating a different stimulus to the finger, you are able to dull the pain. Acupuncture works in much the same way. By using needles to create more desirable stimuli to the brain, acupuncture can decrease painful or undesirable inputs. Because the nerves in the body are so interconnected, acupuncture leads to both local (at the site of the needle) and body-wide responses as information is relayed to the brain and then dispersed to the body. This information often leads to release of pain-relieving substances, such as endorphins and anti-inflammatory agents. Essentially, acupuncture allows us to tap into the body’s own pharmacy to promote healing, comfort and improved quality of life.

Each patient will have his or her own acupuncture protocol based on your veterinary acupuncturist’s exam and your pet’s specific diagnosis. This allows your vet to treat not only your pet’s primary issue, but any secondary problems arising from that issue. Acupuncture is truly a “whole patient” treatment.

What conditions can acupuncture be used for?
Acupuncture is most often used for pain and musculoskeletal disorders such as arthritis, intervertebral disk disease and cruciate ligament tears, but its applications are actually much wider. For example, acupuncture can be used for gastrointestinal diseases such as diarrhea, constipation and inflammatory bowel disease, as well as problems with inappropriate elimination in dogs and cats. It can also be used to treat skin disorders such as lick granulomas and chronic ear infections, or respiratory disorders like asthma. Neurologic problems such as paralysis and seizures have also been shown to respond to acupuncture treatment. Keep in mind that acupuncture does not replace conventional treatments for many conditions but can be used as an adjunct to improve response to treatment.

Is acupuncture safe?
The short answer is yes! Because acupuncture is non-invasive and no drugs are involved, there is little to no risk of side effects when treatments are performed by veterinarians with training in acupuncture. Some pets may be temporarily sore after a treatment, as a person may be after vigorous massage, but this usually passes within 24 hours. Because the needles used are so small, your pet will barely feel their placement, and many animals relax and even fall asleep during treatments. It is important to keep in mind that treatments should only be performed by a veterinarian with training in acupuncture as he or she will know the anatomy of your pet and have training in not only medical diagnosis, but also needle placement.

Veterinary acupuncture is a safe, effective treatment that has the potential to treat many ailments and improve the quality of life of many animals. If you think your pet may benefit from acupuncture or you have any questions about veterinary acupuncture, please contact Dr. Megan Fowler at Smoketown Animal Hospital.

Dr. Megan Fowler-Pollitt joined the VCA Smoketown team at the beginning of 2015. She was born and raised in New Jersey. She attended vet school at the University of Pennsylvania after studying ancient Greek and Latin at Colgate University in upstate New York. She stuck around Pennsylvania after her veterinary externship because she really loved the area. She has two dogs: Boo, a Boston terrier and Cosby, a shepherd mix.

In her spare time Dr. Fowler likes to play soccer, cook (she especially likes to make her own bread and pasta from scratch), travel, and go on hikes with her dogs. Of course, she loves everything about veterinary medicine, but she enjoys being in surgery the most.

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